

Honey Glazed Brussels Sprouts – FareStart recipe

Ingredients	50 Servings	100 Servings	25 Servings	Directions
Brussels sprouts, fresh[§] , halved	7 lb.	14 lb.	3 ½ lb.	<ol style="list-style-type: none"> 1. Preheat oven to 375 degrees. 2. Trim the bases off the sprouts, halve Brussels sprouts, and place in a bowl. 3. Toss sprouts with oil and lay flat on sheet pan. 4. Roast for about 20 minutes, until tender, turning at least once. 5. Toss with honey, sprinkle with salt, and serve warm. <p>❖ Serving Size: 2 ounces.</p>
Olive oil or Canola oil	6 Tb	¾ cup	3 Tb	
Honey[§]	½ cup	1 cup	¼ cup	
salt	2 tsp	4 tsp	1 tsp	

[§]WA product available when in season

Approximate preparation time: 35 min. including time in the oven.

Tips & Variations:

- **Brussels sprouts** are best when tender but not mushy! Don't be afraid to roast till the edges are golden brown.
- Pomegranate seeds or dried cranberries will add color and flavor contrast to this dish!
- Instead of tossing with honey alone, try honey-balsamic reduction: mix honey with the same amount of red balsamic vinegar in a small sauce pan, and reduce down to half the volume over med-low heat. Optional: to add a subtle note, add ground cinnamon.
- Add caramelized onion in the mix at step 5 for variation. **Onions** (storage or yellow onions) are available July through March in Washington.
- **Brussels sprouts** are a wonderful addition to/substitution for any roasted vegetables! Try adding to your regular mix of winter roots!



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Child Nutrition Program Food Components:

✓ ¼ cup vegetable

Nutrients Per Serving:

Calories	61 kcal
% Calories from Fat	3 %
Total Fat	0 g
Saturated Fat	0 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	59 mg
Total Carbohydrates	15 g
Dietary Fiber	2 g
Sugars	10 g
Protein	2 g
Vitamin A (540 IU)	14 %
Vitamin C (36 mg)	144 %
Calcium	4 %
Iron	4 %

👉 **Brussels Sprouts** are usually available from October through March in Washington State. [Check out the Washington Grown Vegetable Seasonality Chart!](#)

👉 **Storage Tip:** Refrigerate unwashed sprouts in a plastic bag up to 1 week. They will last longer but will increase in odor. For long-term storage, they may be frozen. Blanch sprouts for 3-5 minutes, rinse in cold water to stop the cooking process, drain, let dry, and pack into airtight containers, such as zip-lock freezer bags. [ref: "From Asparagus to Zucchini - A Guide to Cooking Farm-Fresh Seasonal Produce (3rd Edition)"]

notes

